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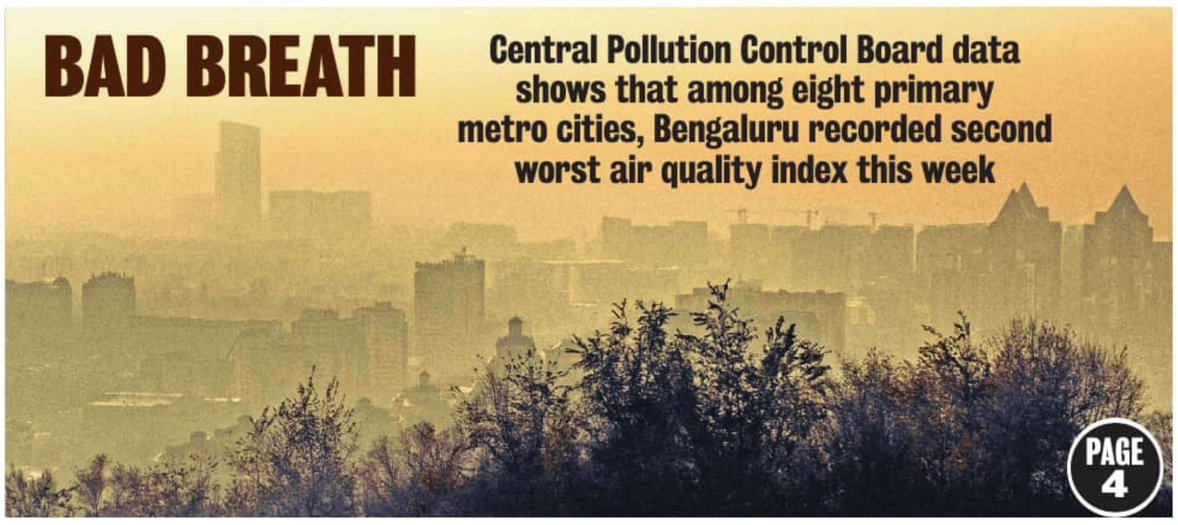
Bangalore Mirror

TEMP Max 36 | Min 23 | Humidity 32% Partly sunny Sensex 76,886 | Nifty 23,995 | Gold 1,49,300 | Silver 2,36,088 | Dollar 94.64 | Euro 110.73 | GBP 127.84

PEAK POWER
Bengaluru-based IT professional becomes first blind woman from Karnataka to complete the Everest Base Camp trek
PAGE 2


BAD BREATH
Central Pollution Control Board data shows that among eight primary metro cities, Bengaluru recorded second worst air quality index this week
PAGE 4

Aspiring home-buyers from the middle-class used to turn to local planning authorities to realise their dreams, but delays in delivering sites, lack of basic infrastructure at plots allotted, have slowly turned the process into a nightmare

WHERE IS HOME? FAR, FAR AWAY

KHB announces new projects, but pace of implementation questionable; BDA's layouts languish without amenities

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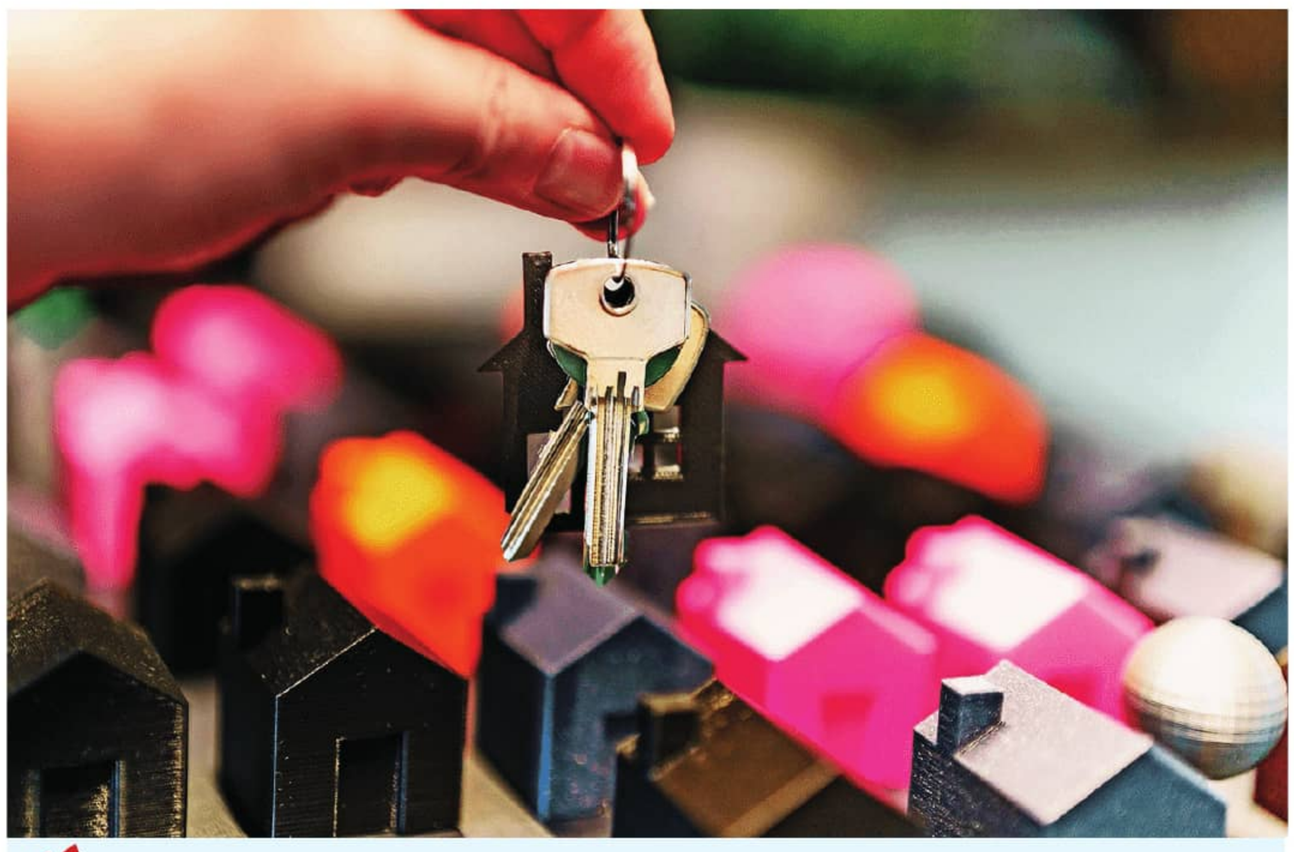

Owning a home in the city has long been a cherished aspiration for the middle class. At one time, agencies like the City Improvement Trust Board (CITB) offered hope to thousands seeking affordable plots. Today, however, that promise appears to have faded, as delays in project execution, administrative inertia and prolonged legal disputes have turned local planning authorities into symbols of frustration for applicants.

For years, agencies such as the Bangalore Development Authority (BDA) and Karnataka Housing Board (KHB) have struggled to deliver sites on time. While applicants continue to wait for over a decade in some cases, the pace of allotment remains slow. Data indicates that as many as 36,786 applications for sites are still pending with the BDA alone. Many persons, who applied 10 to 15 years ago, are yet to receive allotments, leaving them disillusioned.

Vasudev Murthy, a pensioner, told BM, "The situation is further aggravated by the rising guidance value of land in a rapidly growing city.

CONTINUED ON PAGE 8 »

"The situation is further aggravated by the rising guidance value of land in a rapidly growing city. As prices continue to climb each year, applicants fear that even if allotments are made, affordability may no longer be within reach —Vasudev Murthy, pensioner

Silence please

Recent noise pollution data shows decibel levels in silent zones, residential areas are way above permissible limits

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The silent zones and residential areas in Bengaluru continue to be the noisiest, the recent noise pollution data by the Karnataka State Pollution Control Board has highlighted.

The data shows that noise levels in silent zones in the city - RV College of Engineering (RVCE) on Mysore Road and NIMHANS – and residential areas – Domlur and BTM Layout – were much higher than permissible limits, both during day and night.

As per noise pollution rules by the Central Pollution Control Board (CPCB), the noise levels in silent zones during the day should not exceed 50 decibels (dB), and during the night, they should be under 40 decibels.

However, the noise pollution monitoring station near RVCE recorded an average noise level of 57.5 dB during the night and 57.8 dB during the day. Near NIMHANS, the monthly average of noise level during the day was 58.9 dB and 52.8 dB during the night.

In residential areas such as SG Halli,

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Stand-up saga

Rahul Dua, renowned stand-up comedian, a powerhouse performer, host (Shark Tank India Season 2 & 3, Comicstaan S3 Finale), actor, creator and writer will be performing live, marking his second stand-up special. **Where: MLR Convention Centre, Whitefield; When: May 10, 7 pm**

02 Stories in colour

Magical World, an exhibition featuring a vibrant collection of artworks by Badrunissa Irfan, brings alive the magic of childhood and the warmth of simple moments through playful, hand-painted characters and scenes. **Where: Sublime Gallery, UB City; When: May 1 to 30**

03 For the artist in you

Atta Galatta is presenting a hands-on linocut printing workshop by The Lino Table. The beginner-friendly session invites participants to slow down, carve, ink and print their own artwork from scratch. **Where: Atta Galatta, Indiranagar; When: May 2, 6 pm**

04 Brunch at playtime

The Oterra Hotel is hosting a Kids Carnival Brunch, bringing a vibrant world of cartoon legends and superhero adventures. While parents enjoy a premium spread, children can dive into interactive games, live performances and more. **Where: The Oterra Hotel, 24@43, Electronic City; When: Every Sunday until May 31**

05 Time for an adventure

Career Compass, in association with Laughing Elephants, presents an unforgettable outdoor summer camp amidst the tranquil Sharavathi backwaters near Jog Falls. Designed for children and teenagers aged 10 to 18, the camp offers opportunities to explore nature and build new skills. Those interested can contact for registration: +91 98450 47991. **When: May 7 to 21, June 11 to 25**

With vision beyond sight, B'luru woman achieves unique feat

Visually impaired trekker becomes first blind woman from Karnataka to complete Everest Base Camp trek, setting powerful example of courage and resilience

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Led by Tinkesh Ability Foundation (TAF) founder, the expedition brought together participants with diverse disabilities alongside seven non-disabled participants

Defying altitude, terrain and disability, Bengaluru-based IT professional Priyanka Agrawal has become the first blind woman from Karnataka to complete the Everest Base Camp trek, marking a milestone in inclusive adventure sports. The visually impaired trekker, who is also only the second blind woman from India to achieve the feat, completed the expedition alongside her husband, Dimpesh Bhatewara, becoming the country's first interabled couple to conquer the iconic Himalayan trail. The Everest Base Camp is one of the world's most iconic high-altitude trekking destinations, situated at an elevation of about 5,364 metres in the Himalayas of Nepal. Led by Tinkesh Ability Foundation (TAF) founder and triple amputee Tinkesh Kaushik, the expedition brought together participants with diverse disabilities, including amputees, a wheelchair user, and a visually impaired trekker, alongside seven non-disabled participants highlighting the power of inclusive planning and collaborative support in extreme adventure settings.

Reflecting on what inspired her to undertake the trek, Priyanka said meeting Tinkesh in 2025 fundamentally changed how she viewed disability and adventure. "I had always believed expeditions like Everest Base Camp were beyond the reach of someone with a disability. Learning that others had done it made me realise those limits were more in my mind than reality," she said.

Despite having only one previous trekking experience, Agrawal took on the demanding Himalayan terrain after four months of preparation. She described the expedition as both physically and mentally gruelling, particularly navigating loose rocks, steep inclines and uneven paths with visual impairment. Placing every step correctly required intense focus. "There were moments in the first two days when I wondered if I had made a mistake signing up for this. But I kept telling myself just one more day," she said, while also giving credit to her husband.

Speaking of the challenges she faced, Agrawal said, "Physically, the biggest challenge was the terrain. The path was filled with loose rocks, steep inclines, sharp descents, and very uneven surfaces. Even though I had a dedicated guide guiding me at every step, it was still extremely difficult to maintain balance and stability. This led to significant pain in my ankles and feet. Mentally, the challenge was even tougher. I was slower than the rest of the group and often found myself lagging behind. This created a lot of internal pressure. I kept feeling that I was slowing everyone down." She said that the group and the trek leaders were a great support.

Speaking of being the first blind woman from Karnataka to complete the Everest Base Camp trek, Agrawal said that the achievement still feels surreal. "More than the recognition, what it truly means to me is the impact it can create. I hope my journey inspires others, both persons with and without disabilities, to take on challenges in their own lives, whether it's in adventure or any personal goal they've been holding back from," she said.

The trek also included Rupinder Kaur, a wheelchair user, marking a rare participation in such a high-altitude Himalayan expedition and other participants with limb loss and mobility disabilities.

Bengaluru-based trekker hopes her achievement inspires people with and without disabilities to pursue bold challenges

According to TAF, the expedition was the result of nearly 10 months of planning, including customised standard operating procedures for various disabilities, route mapping, accommodation selection, adapted itineraries, and participant-specific support systems.

"TAF has, through personal experience, curated and refined the whole process of including PwDs in high altitude treks and we continue to learn with every successive expedition. It started with Tinkesh, national awardee and triple amputee, doing the trek in 2024 which was a world record," said Sydenstrica Gautam, Founder & Chairperson, Tinkesh Ability Foundation.

BWSSB readies Asia's largest smart water management centre

BWSSB is set to operationalise Asia's largest advanced Integrated Water and Sewerage Management Centre, a key component of the Cauvery Phase V project. Built with financial support from Japan International Cooperation Agency at Jayanagar, the facility will monitor and manage the city's drinking water and sewerage network in real time using cutting-edge technology. Designed to supply 775 MLD of water to 110 villages, the system integrates all stages of water distribution and sewage management into a single platform, enabling efficient, transparent and centralised operations.

A BWSSB official said, "This project is powered by artificial intelligence, the system can accurately estimate water demand across areas and instantly detect pipeline leaks, preventing water loss. It also continuously monitors water quality parameters such as chlorine, pH and TDS, ensuring safe supply, while sending instant alerts in case of contamination. The command centre is connected to major water treatment plants and reservoirs across the city and will also monitor sewage treatment plants to ensure compliance with National Green Tribunal norms, including tracking biogas generation. Using IoT, GIS and smart meters, the system can even predict equipment failures in advance, reducing operational costs and energy consumption." — BMB

Podcasting emerges as new creative trend among students

A quiet media shift is underway in Bengaluru's school corridors, where students are increasingly turning podcasters, using audio platforms to express ideas, share stories and engage with real-world issues. What began as small, school-led initiatives has now grown into a wider trend, with children experimenting with interviews, storytelling and discussions on topics ranging from academics to social awareness. For example, Kendriya Vidyalaya Sangathan in Bengaluru has recently set up a dedicated podcast studio, encouraging students across its network to create structured and meaningful audio content.

Nagarathna K, a school teacher, said, "Several schools are nurturing this interest, with student-led podcasts covering themes such as exam stress, digital wellbeing, environmental concerns and career insights. In some cases, students are even hosting conversations with professionals and thought leaders, while others are building peer-to-peer platforms like book reviews and student discussions." Educators say the trend is helping students build confidence, communication skills and critical thinking, while also introducing them to evolving media formats. As podcasting becomes more accessible and relevant, Bengaluru's young voices are steadily finding their place in the digital content space, signalling a shift in how students learn, communicate and create.

Dr Brian Irving, Head of School, TRIO World Academy, said, "The podcast is fully handled by students, who manage research, hosting and production, and features conversations with guests such as Prof Daisuke Matsushima from Kanazawa University on opportunities in Japan, Dr Debmita Dutta on focus and anxiety in a digital environment, and Dr Chetan Ginigeri on student health during exams. The show also discusses topics related to student life in a changing technological landscape." — BMB

6 foreigners held on prostitution charges

The CCB Women's Protection Wing arrested six foreign women on April 24 for allegedly soliciting men near a footpath close to a bus stop at Madiwala Check Post.

Acting on credible information, officials visited the spot, verified the activities, and detained the women. During interrogation, they failed to produce valid visas and passports.

The accused were handed over to Koramangala Police Station, where a case has been registered. Police confirmed that further investigation is underway. **— BMB**

Migrant workers' sheds gutted in fire

Nearly 20 sheds of migrant labourers from West Bengal were destroyed in a fire that broke out in the early hours of Tuesday at Somasundarapalya, within the jurisdiction of Bandepalya Police Station.

According to police officials, no injuries were reported as most residents had returned to their native places to vote, while the few women and children present managed to escape unharmed. The affected families, engaged in rag picking and garbage segregation, lost all their belongings in the blaze.

Fire and Emergency Services personnel, along with police, rushed to the spot and doused the fire.

Suspicions of foul play have emerged, with one of the victims alleging sabotage. Police have secured CCTV footage and are investigating the cause. **— BMB**

Video of cop's felicitation triggers probe

The North Division Deputy Commissioner of Police (DCP) has initiated a departmental inquiry after a video emerged on social media showing a rowdy-sheeter and his associates allegedly honouring a police inspector within the premises of RT Nagar Police Station. Officials said there is no clarity on when the incident occurred, and the authenticity of the clip is yet to be verified.

DCP (North) BS Nemagoud stated that the inquiry has been assigned to the ACP of Yeshwantpur Sub-Division. "A detailed inquiry will be carried out, and suitable action will follow based on the findings. However, it is being claimed that the felicitation was related to managing crowd arrangements for an event that went smoothly, and that the video is allegedly old," he said. **— BMB**

Politician booked for alleged assault

Annapoorneshwari Nagar police have arrested Anand Naidu, General Secretary of the Bengaluru North District Congress Committee (DCC) and a political leader from the Mahalakshmi Layout Assembly constituency, for allegedly assaulting a minor child under the Protection of Children from Sexual Offences (POCSO) Act.

The complaint, filed at Annapoorneshwari Nagar Police Station by a 40-year-old local man on April 16, accuses Naidu of maintaining an illicit relationship with the complainant's wife for the past few years. Tensions escalated when the man's minor children confronted Naidu about the affair, prompting the leader to allegedly attack them with a rod and bite their legs and other body parts, causing visible injuries. Further investigation is underway. **— BMB**

43 held for selling IPL tickets illegally

Police have arrested 24 individuals, while officials from the Central Crime Branch (CCB) have separately detained 19 more, in connection with the illegal black-market sale of IPL tickets during matches at M Chinnaswamy Stadium. In the one month since the tournament began, a total of 17 cases have been registered across police stations in the Central Division. Of these, 16 cases were booked at the Cubbon Park Police Station limits, while one case was registered at the Halasuru Gate Police Station.

In a parallel crackdown, DCP (Crime-1) explained that the CCB has so far registered 23 cases and arrested 19 individuals during a separate operation conducted, targeting those selling tickets at inflated prices. Police said investigations are ongoing to trace others who may be involved in the racket. **— BMB**

Shop owner, assistant held for harassment

A student has accused a mobile shop owner and his assistant of sexual harassment in the HAL Police Station limits. According to police, the complainant, a resident of Kundalahalli, had approached a mobile repair shop to fix her phone. A week later, when the student returned to collect her phone, the shop owner allegedly made sexually explicit comments. Police said that on April 6, the shop owner allegedly sent the complainant objectionable messages, with his assistant also sending similar inappropriate messages. Both accused have been arrested and questioned. Further investigation is ongoing. **— BMB**

Traffic curbs on Old Airport Road

The Wind Tunnel Road Junction on Old Airport Road, under the jurisdiction of JB Nagar Traffic Police Station, will undergo traffic interventions for 60 days starting May 1. The measures, necessitated by underpass construction work by the GBA, aim to ensure public and motorist safety. According to traffic police, BMTC buses and heavy vehicles travelling on Old Airport Road from Domlur Flyover Junction will be diverted towards Marathahalli due to temporary restrictions. Similarly, heavy vehicles coming from Old Airport Road via SD Road Junction will be routed towards Domlur Flyover.

In addition, vehicles moving from 12th Main Road via Indiranagar 100 Feet Road will not be permitted to enter 80 Feet Road during this period. Authorities have urged commuters to plan their travel in advance and adhere to the temporary restrictions to maintain smooth traffic flow. **— BMB**

KSCA addresses security concerns

The The Karnataka State Cricket Association (KSCA) on Tuesday issued a clarification regarding reports of a CCTV camera issue at the M Chinnaswamy Stadium, stating that no security lapse or disruption occurred.

In an official press note, KSCA clarified that the cameras in question were privately installed by a vendor for internal operational purposes and were not part of the Bengaluru City Police's surveillance system. Police arrangements for security and crowd management remained independent and unaffected.

The issue reportedly stemmed from an internal dispute between the vendor and its sub-vendor or employees, linked to payment concerns. Authorities identified and resolved the issue before the stadium gates opened. **— BMB**

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School Education Dept prohibits children from being made to dance to obscene songs

The Karnataka School Education Department has issued a circular strictly prohibiting children from being made to dance to obscene songs in educational and cultural programmes.

It stated that such dances would negatively impact students' mental health and moral values. It will create indiscipline and harm the sanctity of education. "All the Deputy Directors (Administration) of the state's School Education Department have been asked to take strict measures to prevent children or students from dancing to obscene songs in all government, aided and unaided schools in the state," the office of the commissioner of the School Education Department said in a recent circular.

"If it is found that children are being made to dance to obscene songs, appropriate action will be taken against the headmaster or management of such school," it added. The department also listed certain measures

in this regard, which include: strictly prohibiting children from being made to dance to obscene songs during educational and cultural programmes; selecting songs that are inspiring, positive, instilling national pride in children and reflecting the greatness, dignity, values, culture, and morality of the state. Stating that the school headmaster and management are responsible for selecting songs and dances for cultural programmes, it said, they should also ensure that students wear decent clothes in dance or cultural programmes. **— PTI**

Toxic turn: B'luru is India's second most polluted city

Growing urban activities including traffic, construction, and industry contribute to rising pollution levels, intensifying pressure on Bengaluru's already strained air quality system

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Once celebrated as the Garden City, Bengaluru is now the second most polluted metropolitan city in India, raising fresh concerns about deteriorating air quality levels. Data from the Central Pollution Control Board (CPCB) shows that among eight primary metro cities, Bengaluru recorded the second worst air quality index (AQI). On Tuesday, the city reported an AQI of 150, while only Delhi registered a higher level at 239.

Other metro cities performed significantly better, with Mumbai recording an AQI of 76, Kolkata 51, Chennai 50, Hyderabad 72, Ahmedabad 120, and Pune 80, highlighting the relative severity of Bengaluru's pollution levels.

The situation was similarly concerning on Monday (April 27), when Bengaluru recorded an AQI of 132, which remained unhealthy for sensitive groups. Except for Delhi, all other metro cities maintained better air quality levels during the same period. Experts state that air quality in any region depends on a combination of local emissions, transported pollution, and prevailing meteorological conditions that influence pollutant dispersion and accumulation.

According to air quality experts from the Centre for Study of Science, Technology, and Policy (CSTEP), wind speeds in Bengaluru on April 27 remained notably low, fluctuating between 0.2 and 1.2 m/s. Wind direction also shifted from southwesterly in the morning to east and

Multi-source pollution drives worsening air quality in Bengaluru

Other metro cities performed significantly better, with Mumbai recording an AQI of 76, Kolkata 51, Chennai 50, Hyderabad 72, Ahmedabad 120, and Pune 80, highlighting the relative severity of Bengaluru's pollution levels

southeast after midday, further slowing to 0.2–0.4 m/s by midnight. This stagnation likely contributed to the accumulation of pollutants across the city. CSTEP's real-time source apportionment system indicates a sustained multi-source pollution load throughout the day, including dust from roads and construction, coal combustion sources, and consistent contributions from biomass and open waste burning.

The Karnataka State Pollution Control Board (KSPCB) currently monitors Bengaluru's air quality using 14 Continuous Ambient Air Quality Monitoring Systems (CAAQMS). However, researchers point out that this number is insufficient for a rapidly expanding city facing increasing pressures from construction, traffic, industrial, commercial, and domestic activities.

"This number is probably not enough to capture the extent of Bengaluru's air pollution, and adding more measurements would surely help. The cost of establishing reference-grade monitors makes rapid expansion challenging, but calibrated low-cost sensors can improve coverage and help identify pollution hotspots," said Kumar Sarang, Senior Associate in the Air Quality team at CSTEP.

Researchers stress that improving air quality requires controlling emissions at the source and identifying specific contributors, making targeted, science-driven interventions essential for long-term solutions.

Metro phase 3 stalls over tree clearance delay

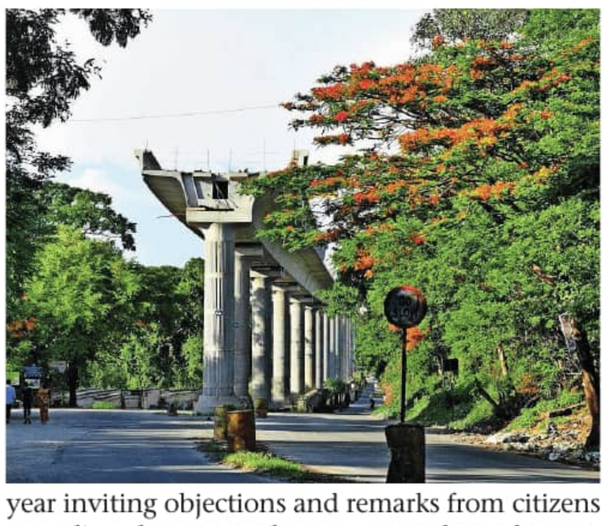
Proposal to remove 2,174 trees for metro expansion draws scrutiny as compliance with environmental safeguards remains under question

Bangalore Metro Rail Corporation Limited (BMRCL) will have to wait at least a couple of months to proceed with Phase 3 work.

The Corporation is yet to receive permission from the Karnataka High Court to cut more than a thousand trees along the stretch between JP Nagar and Mysore Road for civil work.

This follows the High Court's decision on Monday to adjourn the matter to June 12, citing pending compliance with compensatory plantation requirements. Notably, BMRCL submitted an application under the Karnataka Preservation of Trees Act seeking permission to remove 2,174 trees for elevated structures and metro stations between JP Nagar and Mysore Road.

In response to the application, the Greater Bengaluru Authority issued a public notice in June last



year inviting objections and remarks from citizens regarding the proposal to cut trees along the project stretch. A field assessment by Bengaluru's Tree Expert Committee found that 686 trees can be retained on-site, while 406 need translocation. The remaining 1,092 trees must be felled, and permission was granted for their removal in accordance with tree-felling norms adopted by the Karnataka Forest Department, following evaluation of the project corridor.

City-based tree activists say BMRCL should seek fresh permissions to cut trees only after complying with earlier compensatory plantation requirements, as directed by the court in orders.

"This adjournment by the court is a welcome development. Many tree activists and environmentalists in the city have raised concerns about

> **"During Monday's hearing, the High Court remarked that BMRCL should comply with earlier compensatory plantation requirements before seeking permission to cut a fresh set of trees**
> – Environmentalist

compensatory plantation by BMRCL being carried out far from locations where trees were cut. There is also uncertainty over whether the number of saplings planted matches court directions. During Monday's hearing, the High Court remarked that BMRCL should comply with earlier compensatory plantation requirements before seeking permission to cut a fresh set of trees," said a city-based environmentalist. **— BMB**

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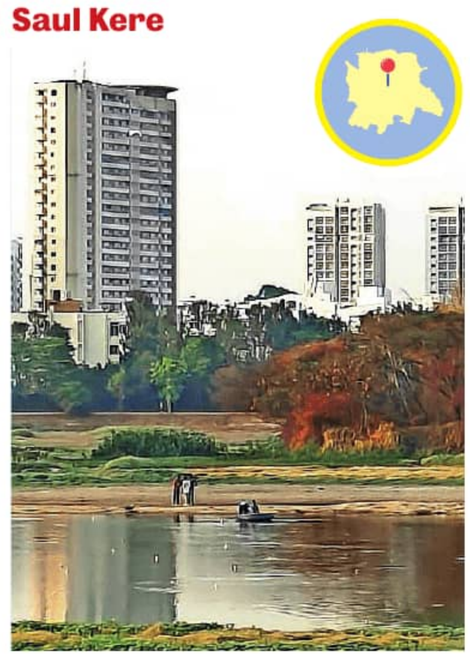
Saul Kere



Boating continues in the shrinking lake, disturbing birds and limiting fishing activity even during the dry season.

Waste zone

HSR Layout

21st Cross in HSR Layout's 7th Sector has become an illegal dumping spot, with tempos openly unloading debris and waste.

Pollution alert

Lingarajapuram

Rampant littering on Lingarajapuram flyover, with plastic and waste dumped along roadsides, is causing pollution, posing health risks, and creating safety hazards, demanding urgent action and public responsibility.

No detention, only admission: SC

Supreme Court declares pre-primary admissions a national mission, mandates neighbourhood schools comply immediately with RTE quotas for disadvantaged children without refusal

Observing that admission into pre-primary classes must be a "national mission", the Supreme Court on Tuesday ruled that under the Right to Education (RTE) Act, "neighbourhood schools" are constitutionally and statutorily obligated to admit students allotted by the state government without any delay.

Reiterating the obligation of private unaided neighbourhood schools to admit students allotted under the RTE framework without delay, a bench of Justices PS Narasimha and Alok Aradhe said that denial of such admissions undermines the fundamental right to education guaranteed under Article 21A of the Constitution.

"The obligation of a 'neighbourhood school' to admit children belonging to weaker and disadvantaged sections of our society, to the extent of twenty-five per cent of the class strength, under Section 12 of the RTE Act, 2009, has the extraordinary capacity to transform the social structure of our society," the verdict said. The bench said earnest implementation can truly be transformative, and it is not only a step towards educating young India, but also a substantive measure in securing the preambular objective of 'equality of status'.

"The constitutional declaration of the right under Article 21A, followed by the statutory mandate under Section 3 of the Act for free and compulsory elementary education, can be realised only with effective implementation of the provisions of the Act.

Ensuring admission of such students must be a national mission and an obligation of the appropriate government and the local authority. Equally, courts, be they constitutional or civil, must walk that extra mile to provide easy access and efficient relief to parents who complain of denial of the right," Justice Narasimha, who authored the verdict, said. The bench dismissed the appeal filed by Lucknow Public School, Eldico, which had challenged a High Court order directing it to admit a student from a weaker section of society.

The matter arose when a student was allotted to Lucknow Public School for pre-primary admission for the 2024–25 academic year under the UP Right of Children to Free and Compulsory Education Rules, 2011. Despite the student being duly selected and her name appearing on the official government list, the school refused admission, citing "uncertainty" regarding her eligibility.

The student moved the High Court, which ruled in her favour, stating that private schools do not have the authority to "sit in appeal" over eligibility decisions made by the state's Basic Education Department. The school then appealed to the top court, which upheld the High Court order, stating that the RTE under Article 21A would remain an "empty promise" if schools were allowed to obstruct the process.

The bench held that once the state forwards the list, schools must admit students without exception. It stressed that the right to education under Article 21A would be meaningless unless the RTE Act, 2009 is fully implemented, reiterating that neighbourhood schools are constitutionally bound to grant admissions without delay. —PTI

Students unite, demand campus elections

In a rare show of unity cutting across political lines, student wings of major parties in Karnataka recently jointly demanded the immediate revival of student union elections in colleges from the current academic year. Welcoming the announcement made by Chief Minister Siddaramaiah in the 2026–27 Budget, representatives from Congress, BJP, JD(S) and Left-affiliated student organisations urged the government to conduct elections without delay. The consensus emerged during a day-long meeting held at the State Higher Education Council auditorium, chaired by Medical Education Minister Dr Sharana Prakash R Patil and Higher Education Minister Dr MC Sudhakar, who assured that the necessary rules and guidelines would be framed soon. Left student leaders sought structured representation with women's reservations, while Vidyarthi JD(S) demanded priority for Kannada-speaking students. ABVP proposed attendance and clean-record norms, drawing objections from others who said these could unfairly exclude student activists. Concerns were also raised about defining the role and powers of elected student bodies, with calls for meaningful participation in university decision-making. Ministers said the framework would largely follow the Lyngdoh Committee Report with updates. —BMB

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Students champion sustainability through design

Bengaluru students are now focusing more on sustainability. This was demonstrated during the open day programme of LISAA School of Design. LISAA School of Design Director, Avi Keswani, said, "Students' projects were centred on sustainability as a core design value. Across disciplines, students explored responsible practices, from sustainable packaging in graphic design and eco-conscious fashion to the use of sustainable materials in interiors. A key installation highlighted the growing issue of fabric waste and the widening gap between excess and need, urging a more mindful approach to consumption and design. Through these projects, we aimed to show how creativity can respond to real-world environmental challenges while shaping more responsible futures." Meanwhile, Keswani said that students explored the idea of "spaces in between" through deeply personal and thought-provoking installations that blended memory, perception, and sensory experience. From nostalgic reflections on childhood and family bonds to striking visual narratives that shift between struggle and hope depending on perspective, each project invited viewers to look beyond the obvious. Using interactive 3D and sound, students created immersive works bridging the seen and felt, fostering deeper understanding of reality and human experience. —BMB

Free retest offer after exam setback

Following the announcement of the 2026 SSLC Examination-1 results, which recorded a historic pass percentage of 94.18 in the state, the government has expressed gratitude to all stakeholders who contributed to this achievement. At the same time, it has highlighted that around 45,415 students did not clear the exam, with 20,691 failing in one subject, 10,509 in two subjects, 6,103 in three, 3,799 in four, 2,552 in five, and 1,716 failing in all subjects. Emphasising that every student's academic future is important, the government has stated that no student should discontinue their education due to exam results. In this regard, strict instructions have been issued to education department officials to ensure that all unsuccessful students are compulsorily registered for the upcoming Examination-2 and are academically prepared. The government will cover retest fees and allow score improvement attempts, urging media to publicise the measures so no student misses the opportunity. —BMB

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Kali buzzes with Hornbill life

Rare Western Ghats hornbills flourish in Kali reserve, survey reveals stronghold despite regional declines, underscoring urgent conservation focus across habitats

Garima Prasher
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TWEETS @BangaloreMIRROR

HIMANSHU LAD

There are at least five Malabar Grey Hornbills per square kilometre in Kali Tiger Reserve (KTR).

In the first survey of its kind conducted by various organisations in association with the Karnataka Forest Department (KFD), KTR is estimated to be home to more than 6,000 Malabar Grey Hornbills, a bird species found exclusively in the Western Ghats of India.

"Our analysis suggests that there could be at least 6,000 Malabar Grey Hornbills in Kali Tiger Reserve, highlighting the importance of the area for an endemic hornbill species that has experienced population declines in other parts of the region," researchers from Nature Conservation Foundation, Thackeray Wildlife Foundation, Wildlife Research and Training Centre (WRTC), and Kali Tiger Reserve have noted.

Researchers examined the abundance of three species in KTR, Malabar Grey Hornbills, Great Hornbills, and Malabar Pied Hornbills. They found that Malabar Grey Hornbills were more abundant than Great Hornbills, while Malabar Pied Hornbills had the lowest encounter rate, about ten times lower than that of Malabar Grey Hornbills.

While the Grey Hornbills were present across all ranges of the reserve, they were observed in higher numbers in Kumbarwada and Gund ranges due to their evergreen and semi-evergreen forests. The encounter rates of the Malabar Grey Hornbill were higher in areas with more food plants and trees.

Experts say that while multiple studies conducted in the past have indicated a population decline in Malabar Grey Hornbills, the exact reason behind this drop remains unclear. Moreover, there is no long-term baseline data on hornbill population density across its primary habitats.

According to Rohit Naniwadekar, a scientist at the Nature Conservation Foundation, Kali Tiger Reserve is known for its healthy hornbill populations, yet very few surveys have been conducted to estimate their abundance, distribution, and habitat types.

Ecologists say Malabar Grey Hornbills are forest engineers. They consume fruits and play a crucial role in seed dispersal, effectively acting as the "farmers" of the rainforest.

Researchers estimate over 6,000 birds thriving in forested zones, with fruit availability boosting numbers, though long-term data gaps and threats like climate pressures persist

"In our study, we observed a higher abundance of Malabar Grey Hornbills in areas with more fruit-bearing trees. Earlier research has reported a decline in their populations. Although the precise causes remain unclear, factors such as climate change and human-induced pressures are considered likely threats," said Naniwadekar.

Experts say that while the study and its findings represent a positive step forward, there is an urgent need for collaborative efforts among state forest departments, ecologists, and conservationists to achieve broader conservation goals for this endemic bird species.

Five sites eyed for nuclear plant

The government has begun exploring five proposed locations across the state for setting up a new nuclear power plant, in addition to the existing Kaiga Nuclear Power Plant. NTPC Limited has initiated site suitability and geological studies in Uttara Kannada, Shivamogga, Vijayapura, Koppal and Raichur districts, with the aim of finalising one location. The identified sites include Bavikeri in Ankola taluk (Uttara Kannada), Besur in Shivamogga, Mannur in Vijayapura, Bannikunta in Koppal, and Halkavatagi in Raichur. However, the proposal has already triggered local resistance in Shivamogga and concern among residents in Karwar. Preliminary estimates suggest land needs vary by capacity—about 1,200 acres for 2,000 MW, 1,600 for 4,000 MW, and 2,000 for 6,000 MW, plus 100–150 acres for housing. Surveys are underway to identify a suitable site, balancing technical feasibility with local sentiment as the state expands nuclear capacity. — BMB

Karnataka steps up climate fight

Minister Eshwar Khandre on Tuesday said that a Karnataka State Action Plan on Climate Change has been formulated to mitigate the impact of global warming and climate change, and directions have been issued to ensure its proper implementation.

At a Karnataka Media Academy seminar on extreme heat, he said EMPRI is implementing the action plan with various State departments.

He said training programmes are being organised in cooperation with Zilla Panchayat offices for district officials and other related institutions regarding the implementation and progress of the Karnataka State Action Plan on Climate Change.

The minister said such programmes will cover all 31 districts. He added that "Havamaana Mitra", launched in April 2025, has aired 24 Akashvani broadcasts to raise awareness. — PTI

Teachers summoned back for census duty

The Karnataka High Court has directed a private school in Bengaluru to recall teachers on holiday and assign them to census duties, stressing that participation in the exercise is a "national duty".

The direction came while hearing a petition filed by a private school in JP Nagar, which had challenged a notice issued by census authorities seeking teaching staff for enumeration work. The school argued that it had a limited number of teachers, many of whom were on leave or abroad, making it difficult to comply immediately.

Rejecting this contention, the court underscored the importance of the census, observing that it is not an ordinary administrative task but a crucial national exercise. "It is a national duty," the court remarked, indicating that institutions must extend full cooperation.

Justice Sachin Shankar Magadum directed the school to recall teachers within a week for census duty, granting interim protection from FIRs if it complies.

During the hearing, the court also made it clear that logistical inconveniences cannot be a ground to avoid participation in the census, noting that the process requires significant manpower for field-level data collection.

The school said it has deputed some teachers and will send more. The court sought staff details at the next hearing as the census moves to door-to-door data collection. — BMB

Bike taxi issue lands in apex court

The Karnataka government has moved the Supreme Court of India challenging a recent decision of the Karnataka High Court that permitted bike taxi services to operate in the State.

The State's appeal, which is yet to be taken up for hearing, comes months after a Division Bench of the High Court struck down restrictions on such services. The court had ruled that a blanket prohibition could not be sustained in law, observing that authorities cannot refuse permits merely because the vehicle is a motorcycle.

In its judgment, the High Court made it clear that "the State cannot deny the grant of permits solely on the ground that the vehicle is a motorcycle", emphasising that such a stance would run contrary to the framework of the Motor Vehicles Act.

The Bench had also set aside an earlier order that had effectively halted bike taxi operations until specific regulations were framed, noting that such a direction was not legally tenable.

The ruling had come in appeals filed by ride-hailing companies including Ola, Uber and Rapido, which argued that the restrictions unfairly targeted their services.

IN HIGH COURT

With the State now seeking relief from the apex court, the dispute over the legality and regulation of bike taxis is set to continue, raising broader questions about urban mobility and platform-based transport services. — BMB

No limits on kids' education costs

The Karnataka High Court ruled that educational expenses for children cannot be capped, emphasising that such costs vary depending on the nature and standard of schooling.

The case arose from a maintenance dispute between estranged spouses over financial responsibilities for their two minor children. The Bench directed the father to bear the full educational expenses of the children, who are residing with their mother.

Justice K Manmadha Rao observed that education-related costs are not static and cannot be standardised, as they depend on the institution and its fee structure. The court noted that schooling expenses extend beyond tuition to include transport, books, uniforms and other incidental charges, and that imposing a cap would not serve the children's best interests.

Clarifying the paying parent's responsibility, the court said that once children are enrolled in a particular institution, the actual fees demanded must be paid, preferably directly to the school to ensure continuity in education.

The judgment also distinguished educational expenses from maintenance, stating that maintenance covers everyday needs, while education costs are separate. The court modified maintenance but retained existing visitation arrangements. — BMB

Stoinis' late-innings blitz boosts Punjab

Punjab Kings' Marcus Stoinis celebrates his half century with skipper Shreyas Iyer

Punjab Kings (PBKS) all-rounder put on a clinical display of big-hitting as he helped his team post a formidable total of 222/4 in their 20 overs against Rajasthan Royals (RR) in both teams' Indian Premier League (IPL) 2026 encounter on Tuesday at New Chandigarh.

With the help of Stoinis' pinch-hitting, PBKS scored 41 runs in the last two overs to set a challenging target of 223 for the Riyan Parag-led RR.

After being sent in to bat first, the Shreyas Iyer-led PBKS began with an aggressive statement from opener Priyansh Arya. Showing no signs of nerves, Arya dismantled the RR opening attack, racing to 29 runs off just 11 deliveries before Jofra Archer provided the Royals with their first breakthrough in the third over.

Priyansh's whirlwind cameo, consisting of five boundaries and a six, provided PBKS with the early momentum they needed, reaching 37/1 in 3 overs.

Youngster Cooper Connolly kept the momentum going, smashing 30 off 14 deliveries, but it was Prabhsimran Singh who anchored the middle phase. Prabhsimran played a composed yet aggressive knock of 59 off 44 balls, ensuring the scoreboard kept ticking even as the Royals' spinners tried to apply the brakes.

While captain Iyer contributed with a 27-ball 30-run innings, it was Marcus Stoinis who was the undisputed star of the evening, turning what looked like a competitive score into a mammoth one.

Coming in late, the Australian all-rounder bludgeoned an unbeaten 62 off just 22 balls, striking at a massive 281.82. In his innings, he hit six maximums and four boundaries, helping PBKS to 222/4 in 20 overs.

Jofra Archer (1/40 in 4 overs) and Nandre Burger picked up a wicket each but proved expensive, with Burger conceding 59 runs in his four overs. **ANI**

'It was one of those days you get rewards'

Bhuvneshwar Kumar on RCB's dominant outing

Royal Challengers Bengaluru (RCB) secured a nine-wicket victory against the Delhi Capitals (DC) to log their sixth victory of the season on Monday night in New Delhi.

After restricting the Delhi Capitals to 75/10, RCB put on the second-quickest run chase in IPL history to cruise home in 6.3 overs and nine wickets in hand.

Bhuvneshwar Kumar (3/5) and Josh Hazlewood (4/12) struck early to put the away side firmly in the driver's seat.

Hazelwood put on his best figures in the IPL and took home the Player of the Match Award, as per a release from RCB.

Reflecting on their display with the new ball, Assistant Coach Omkar Salvi said, "It's a great exhibition of swing and seam. They were world-class with the ball."

Bhuvneshwar Kumar, speaking on the conditions and early movement, said, "There's been a bit of swing around this season. I'm not sure if it's the ball or the surfaces. When it moves, and you pick up a few wickets early, it makes things much easier later on. It was a good batting wicket, and the ball was coming on nicely, but there was still enough swing. It was one of those days where you get rewards, edges or bowled, and we were lucky to get those early breakthroughs."

Reflecting on the surface and workload, he added, "It was a bit of a surprise, especially after the last game where it was 250-plus. Once we saw the movement, we wanted to make the most of it."

Highlighting Bhuvneshwar's influence, Hazelwood said, "Bhuvi was outstanding, has been the whole time, really. Purple cap winner now. Just the swing -- he's so skilful. Swings the ball both ways."

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Krunal Pandya also emphasised the quality on display, "There was just an exceptional skill set in what Bhuvi and Hazelwood did. The way they bowled -- whatever I say is very little. It was something very special."

Pandya further added, "Every game, people are talking about big sixes and teams scoring 200-250. And then you get a game where two world-class bowlers from both ends pick up six wickets in the power play, which is quite different for everyone to see. That's the quality they possess, and we are glad that they are in our team."

Devdutt Padikkal, who ensured a quick finish with 34* off 13, opined, "When you go and chase a target that small, it's important that you show intent straight away and try to finish the game as soon as possible. Net run rate can come into play later in the tournament." **ANI**

Prabhsimran surpasses Gayle

Punjab Kings (PBKS) batter Prabhsimran Singh overtook West Indies legend Chris Gayle, registering the third-highest fifty-plus scores for the franchise in their Indian Premier League (IPL) history.

Prabhsimran, who is having a fantastic season with the bat, scored his fourth half-century in last five games against Rajasthan Royals (RR) at Mullanpur, scoring a relatively cautious 59 in 44 balls, with six fours and a six at a strike rate of 134.09.

Prabhsimran is the top-scorer for PBKS this season with 347 runs in seven innings at an average of 57.66 and a strike rate of 179.27, including four fifties.

In 59 matches and 58 innings for PBKS, he has made 1,651 runs at an average of 28.96 and a strike rate of almost 157, including a century and 11 fifties.

He overtook Gayle, who scored a total of 11 fifty-plus scores for PBKS, with 1,339 runs in 41 innings at a strike rate of 143.20. **ANI**

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Increase in vehicular traffic, infra work making city noisy

CONTINUED FROM PAGE 1

the decibel value crossed the one-hundred mark on multiple occasions in March. Similarly, in other residential areas, Domlur and BTM Layout, permissible decibel levels were breached repeatedly.

City-based anti-noise pollution crusaders say a multifold increase in vehicular traffic on Bengaluru's roads is the reason behind high noise pollution in silent zones and residential areas. Unchecked defective silencers, use of shrill horns, and honking at prohibited places add to the mayhem.

"The number of vehicles on roads is increasing exponentially. However, there is little enforcement of rules against the use of shrill horns or honking in silent zones. To add to that, infrastructure development work has been never-ending in Bengaluru, adding to the decibel levels," said an anti-noise pollution activist.

Creating green buffer zones and creating green screens by planting trees and shrubs in residential and silent zones can be another solution to cut down vehicle traffic sound, experts suggest.

The KSPCB report also shows that while decibel levels are high in residential and silent zones, it is within permissible limits in commercial and industrial areas across the city.

Woman living alone found dead at her flat

A 30-year-old, who used to work as a software engineer, was found dead under suspicious circumstances in her rented house in Adugodi, with police suspecting suicide. The house owner discovered her semi-decomposed body lying in a pool of blood.

The deceased has been identified as Pooja Dutta, who hailed from Jharkhand and had been living alone in the city for the past three years. She was unmarried and employed at a private firm in the city.

According to police, the incident came to light on Monday after neighbours noticed a foul smell emanating from the house and alerted the owner and authorities. The door was forced open, and Pooja was found lying naked on her bed in a semi-decomposed state.

The deceased had been residing on the third floor for the past three years and was last seen on Thursday when she stepped out to buy groceries.

Preliminary investigations suggest that she may have died around 10 days ago. A senior police officer said Dutta had quit her job nearly a year ago and was believed to be battling mental health issues. She reportedly kept to herself and had minimal contact with her family.

During the inspection, police also found sticky notes written in English and Hindi on the walls, reflecting personal thoughts about her life. Investigators currently suspect no foul play. The exact cause of death will be confirmed after the post-mortem examination. A case has been registered, and Adugodi police are continuing further investigation. **BMB**

(If you or someone you know is struggling with suicidal thoughts, reach out to Tele-Manas helpline: 14416 or 1800-891-4416, SAHAI Helpline: 080-25497777)

Encroachment: 39 shops in Jayanagar Commercial Complex fined

The Bengaluru South City Corporation on Monday conducted an anti-encroachment drive at the Jayanagar Commercial Complex and imposed fines totalling Rs 88,200 on shop owners for illegally occupying public spaces within the premises.

According to Commissioner KN Ramesh, the 15,000 sq ft commercial complex, which houses more than 270 shops, had received multiple public complaints regarding encroachments on corridors, walkways and common areas, causing inconvenience to pedestrians and shoppers.

Officials said the Corporation had spent the last three days creating awareness among traders and urging them to voluntarily remove encroachments beyond their allotted shop spaces. However, after several vendors failed to comply, the civic body registered 39 cases against violators and levied penalties.

The Commissioner warned that the special drive will continue until all unauthorised occupations are cleared from the complex. He added that repeat violations will invite stricter legal action, including cancellation of trade licences. **BMB**

How Bengaluru lost the plot

CONTINUED FROM PAGE 1

As prices continue to climb each year, applicants fear that even if allotments are made, affordability may no longer be within reach. A significant number of applicants are now elderly, having spent years waiting without being able to realise their dream of building a home. Some have eventually turned to private developers as a last resort."

Meanwhile, the Karnataka Housing Board has initiated steps to develop new layouts in areas such as Suryanagar in Anekal taluk, offering both plots and flats in phases. Fresh housing projects are also being planned near Devanahalli and BM Kaval in Kengeri. Around 500 acres have been earmarked at BM Kaval, with land acquisition already underway, while nearly 772 acres have been identified for a housing project in Devanahalli. Though these announcements have raised expectations, the pace of implementation remains uncertain.

Urban residents increasingly describe site allotment as a mirage. Even when plots are allotted, the lack of basic infrastructure such as water supply, electricity, roads and drainage has made living conditions difficult. In several BDA layouts including Nadaprabhu Kempegowda Layout, Arkavathi Layout, Anjanapura, Banashankari and JP Nagar extensions, infrastructure development remains incomplete, forcing residents to rely on temporary arrangements.

"Large-scale layouts have faced persistent setbacks. The Nadaprabhu Kempegowda Layout, notified in 2010, has over 30,000 sites, but thousands still remain unallotted. The Arkavathi Layout has been entangled in legal disputes for years, requiring re-allotments following court interventions. Similarly, development in the Dr Shivaram Karanth Layout has been slow due to pending litigation, despite assurances from authorities about phased allotments," said Vasanth Kumar, a citizen.

Although authorities claim to have allotted over 91,000 sites across layouts, the absence of infrastructure continues to be a major concern. Residents in newly developed layouts often struggle for basic amenities, and many are compelled to construct houses under financial pressure due to loan commitments, even in the absence of essential services.

Officials state that tenders have recently been floated to complete infrastructure works in several layouts and aim to finish them by September. However, for many aspiring homeowners, confidence in public agencies has weakened, and the long wait for a secure and affordable home continues.

6,771 illegal layouts in Bengaluru

A government record has revealed that as many as 6,771 unauthorised layouts exist across Bengaluru, highlighting large-scale violations in the city's real estate sector. These illegal developments have not only misled thousands of unsuspecting buyers but also resulted in the loss of thousands of crores in revenue that should have accrued to the state in the form of fees and approvals. Compared to other districts in Karnataka, Bengaluru accounts for the highest number of such unauthorised layouts, many of which have been developed without approvals from agencies such as RERA, BMRDA and BDA. In several cases, developers have either bypassed mandatory permissions or expanded layouts beyond approved limits, selling sites to buyers without following due process.

Officials point out that a majority of these layouts, nearly 90 percent, have been developed in the names of individuals rather than institutions, with many flouting norms related to land conversion, planning approvals and infrastructure provisions. Builders have often ignored the requirement to register projects under RERA, obtain layout plans from planning authorities and ensure basic civic amenities, thereby violating multiple regulations.

Despite provisions to impose penalties and recover dues as land revenue, enforcement has remained weak, with many builders failing to pay fines even after repeated notices.

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I, Amyata A Raikar, W/o Vishwanath D Vernekar, R/at No. 31/208, 2nd Main, 2nd Cross, 14th Block, Nagarbhavi 2nd Stage, Bangalore- 560072, have changed my name to Amyata Vishwanath Vernekar, vide affidavit dt: 25.04.2026 Notary Devaraja E, Bangalore.

I, Maneesh Vaswani R/o 463, 9th main, HAL 3rd stage, new thippasandra, Bengaluru 560075 have changed my name to Maneesh Suresh Vaswani. I shall be called by this name for all purposes

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I, KOKILA KARTHIK (KOKILA K) W/o Ram Kumar N, Residing at No 45 Shiva Parvathi Nilaya, Kithaganur Main Road Near Birla Open Minds School, Suraksha Nest Layout, Margondanahalli, K R Puram,Bangalore-560036 have changed my name to KOKILA RAMKUMAR (KOKILA R) vide affidavit dated:27/04/2026 Before Notary K.V.Mani Bangalore.

I, Gowthami Karthikeyan W/o Karthikeyan Mahamani R/o No C-2902, zenith Residences, 29th Floor, karle Town, center Kempapura Main Road, nagavara, Bengaluru -560045. Have Changed My Name to Gowthami Rajasekaran for All Purposes.

I Maru Shailaja W/O, Yalla Bheem Reddy R/o # 82,5th Cross,14th Main Road,aicoboo Nagar, Btm Layout 1st Stage,bangalore-560068 have changed my name to Yalla Shailaja.

I, Rizwan Khan Saleem S/o Kannadasan R/o No 13/1, 3rd Floor, 8th Cross, Near Ayyappa Temple, Sudhamanagar, Bengaluru-560027.Have Changed my name to Arun Kumar Kannadasan for All Purposes.

I, Tamilselvi Doraisamy R/o No.1/311, Near Indian Bank, Konanur, Pochampalli Tq, Krishnagiri 635206 have changed my name to Tamilselvi Ganesan. I shall be called by this name for all purposes

I,PARAMESHWARI Bhat D/o Manjunath Bhat R/o #110, Ground floor, Havyaka Nagar,2nd Stage, Chikkabettahalli, Vidyaranyapura, B'lore - 560 097 declare my father names 1)Manjanatha in SSLC(2)Manjunath Bhat in Aadhar and all records are one and the same for all purposes declared before Notary.

I, KARTHIK SUNDARESAN Residing at No.172, Kayal's Nest, 1st Flr, 3rd Main, CQAL Layout, Attur, Yelahanka, Bengaluru -560064, have changed my name from S KARTHIK to KARTHIK SUNDARESAN, vide affidavit dated: 25.04.2026 before notary H.K. Gopalagowda, Reg No. 12254.

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Beyond classroom learning

Storytelling, play, and theatre shape thinking, language, and emotional growth in kids

Extending playground time from 30 to 40 minutes at a Barcelona school has reignited a familiar debate: do schools need more playtime, or will it come at the cost of learning outcomes? While some teachers and families support the move, others remain concerned about its academic implications.

However, this question may be framed incorrectly. In primary education, recess is not a break from learning but a continuation of it in another form. In Spain, both by law and pedagogical approach, recess is considered instructional time in several autonomous communities, including Catalonia, Valencia, Castile-La Mancha, Andalusia, and La Rioja. In others such as Madrid, Aragon, and the Canary Islands, it may not be classified as direct teaching time, yet teachers are still required to supervise students.

In most regions, and particularly during the primary stage between ages six and twelve, playground time forms part of the five daily teaching hours. During this time, children develop key competencies such as social interaction, self-regulation, negotiation, imagination, and coexistence. Learning continues, though in less formal and more experiential ways.

Because adults remain present and engaged, extending recess does not reduce learning. Instead, it prioritises a different kind of learning, one that is social, emotional, and cognitive. These shifts focus from quantity of instruction to quality and diversity of developmental experiences.

The debate is often simplified by the need for physical movement. While movement is essential, especially in increasingly sedentary childhoods, recess cannot be reduced to physical release alone. When play is limited to running or unstructured activity without materials or guidance, conflicts may increase, particularly among vulnerable students.

Free play requires thoughtful organisation. This does not mean restricting freedom but enabling it through structured environments. An effective educational playground includes spaces for symbolic play, access to objects such as balls, bicycles, or skipping ropes, and quieter areas for conversation or reflection. It may also include zones for building, creative activities, or interaction with natural materials such as sand.

Organisation allows children to choose, rotate between activities, and explore multiple forms of engagement without chaos.

Playground time also supports emotional, social, and cognitive growth while offering alternatives to screen-based activities. It strengthens concentration, imagination, and interpersonal understanding. However, the real issue is not simply how long children spend at recess, but what they do during that time.

Three essential activities—play, theater, and storytelling—activate what educators call symbolic function. Through play, children represent reality. Through theater, they dramatise it. Through storytelling, they imagine and interpret it. These processes support emotional understanding, creativity, and cognitive development in implicit yet powerful ways.

Adult presence during these activities is crucial. Teachers are not merely supervisors enforcing rules but mediators facilitating meaningful interactions. When conflicts arise, which are natural in group play, adults should not impose solutions. Instead, they guide reflection by asking questions such as what happened, what each child wanted, and how they experienced the situation. This approach transforms conflict into a learning opportunity.

Adults also shape how children see themselves. Language matters. Saying "you are always causing trouble" labels the child negatively, while saying "you seem to be struggling to find your place today" opens space for growth and change. Such interactions contribute to a child's developing identity and sense of belonging.

These moments help students transition into learning or process experiences before leaving.

Daily storytelling rituals, artistic expression, and dramatization further enrich the learning environment.

Listening to stories and participating in performances strengthens language skills, attention, and interpretation. Younger children learn to follow sequences and anticipate outcomes, while older students develop the ability to understand perspectives, process conflicts, and form independent thinking.

Storytelling and dramatisation also foster shared experiences. They require listening, patience, imagination, and cooperation. These activities contribute not only to language development but also to social cohesion and identity formation within a group.

The goal is not simply more time, but better use of that time.

Reconsidering the role of play, storytelling, and creative expression leads to a broader shift in perspective. Education is not limited to formal instruction but includes all experiences that shape a child's development.

At its core, this debate asks how much space schools allow children to experience childhood fully within structured education. Expanding playground time may be one step, but reimagining its role is the deeper transformation needed.

By Sylvie Perez Lima, Universitat Oberta de Catalunya
The Conversation

MIRRORLIGHTS

Not random: Dreams follow hidden patterns

The contents of a dream may not be random or chaotic but could reflect a complex interplay between personal traits and external events, including large-scale societal experiences like the COVID-19 pandemic, according to a new study.

Researchers at Italy's IMT School for Advanced Studies Lucca analysed over 3,700 reports of dream and waking experiences collected from 287 participants aged 18 to 70.

Over two weeks, participants recorded daily experiences, while researchers gathered information about sleep patterns, cognitive abilities, personality traits, and psychological characteristics.

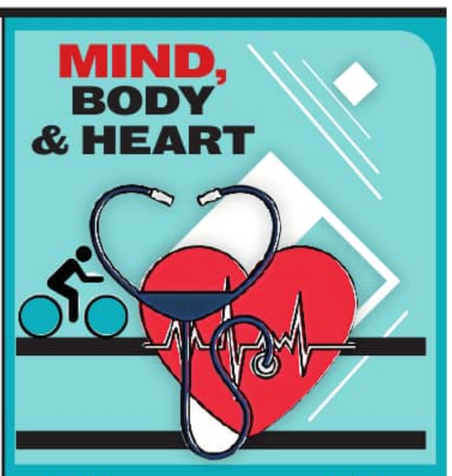
The researchers analysed the words used to describe both daily lives and dreams. Rather than simply replaying waking experiences, dreams appear to reinterpret them, they said.

Elements from daily routines, such as work or education, do not reappear as they are but are reorganised into vivid, immersive scenarios, often blending contexts and shifting perspectives.

The results suggest dreams do not just reflect reality but actively reshape it, integrating fragments of past experiences with imagined or anticipated ones to create novel scenarios.

"Relative to waking reports, dreams shifted from self-referential narratives to perceptual experiences dominated by visuo-spatial details, multiple characters, and bizarre events," the authors wrote. Lead author Valentina Elce said, "Our findings show that dreams are not just a reflection of past experiences, but a dynamic process shaped by who we are and what we live through."

During the 2020 COVID-19 lockdown, dreams showed increased emotional intensity and references to limitations, effects that gradually diminished over time, reflecting psychological adaptation to major life events. —PTI



All you need to know about...

Heat and gut health

Rising summer temperatures do not just cause discomfort but also affect gut health, leading to bloating, loss of appetite, and sluggish digestion.

As heat increases, the body works harder to cool itself, redirecting blood flow from the digestive system to the skin, reducing digestive efficiency and slowing processes.

Digestive changes

Reduced blood flow leads to slower digestion, often making individuals feel heavy or bloated even after regular meals.

High temperatures can also irritate intestinal lining, increasing sensitivity, inflammation, and discomfort, especially after heavy or spicy food intake. Heat further disrupts the balance of gut bacteria, affecting digestion and causing irregularities as the microbiome responds to environmental stress.

Hydration role

Hydration plays a critical role in maintaining digestive health, especially during summer when the body loses water and electrolytes through sweat.

To compensate, the body pulls water from the colon, which can result in dry stools and constipation, worsening digestive discomfort.

Low fluid levels also affect early digestion stages, reducing saliva and digestive acid production, making it harder to break down food efficiently.

Simple solutions

Experts suggest simple lifestyle adjustments to maintain gut balance during heat. Eating light, hydrating foods like fruits and vegetables supports digestion and fluid levels.

Drinking water in small, frequent sips helps better absorption and steady hydration instead of consuming large quantities at once.

Avoiding extremely cold drinks is also advised, as they can interfere with digestion; room temperature water is considered gentler on the digestive system.

Overall, small mindful habits can help manage heat-related digestive issues, ensuring better gut health and overall comfort during summers.

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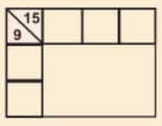
SOLVE IT IN A MINUTE

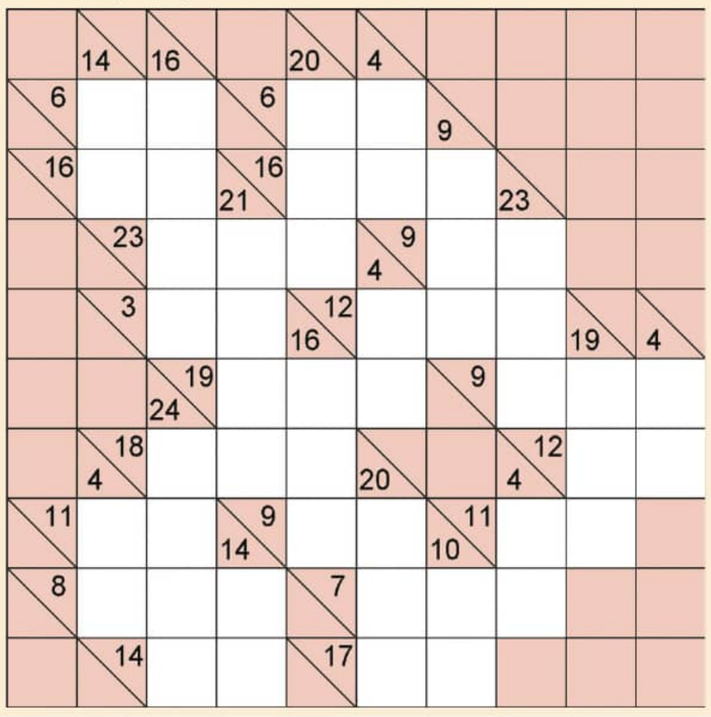
$\sqrt[0.5]{6 \times 3^{-2}} = ?$

Kakuro

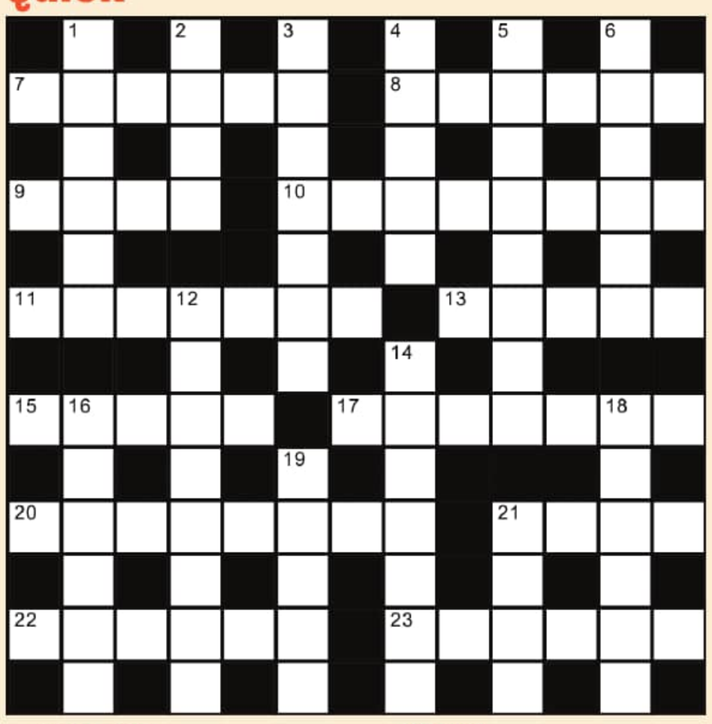
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Conclude (6)
8 Our city is located in this plateau (6)
9 Daze, shock (4)
10 Rude, boorish, ill-bred (8)
11 Seek advice from (7)
13 N in TNT? (5)
15 Toy figures (5)
17 ____ off : ending telephonic conversation? (7)
20 Male attire? (4,4)
21 A clumsy umbrella (4)
22 Cabs (6)
23 A Spanish dance (6)

DOWN

1 Mediaeval painter (6)
2 Legal right (4)
3 Chain, fetter or handcuff (7)
4 Smell (5)
5 Burning with steam or hot water or any other hot liquid (8)
6 Former German emperor (6)
12 Former Ethiopian emperor Haile____ (8)
14 Germ (7)
16 Unidirectional (3,3)
18 Deceased (2,4)
19 Lavish repast (5)
21 Drink very quickly (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS H

RK UHOXKIO TKUU TRP XVYKO IPXKO.

Linemaro

Did you just come out of the oven? Because you're hot

Mindchow

We must walk consciously only part way toward our goal, and then leap in the dark to our success

Joke of the day

In Seattle, you haven't had enough coffee until you can thread a sewing machine while it's running

Loop

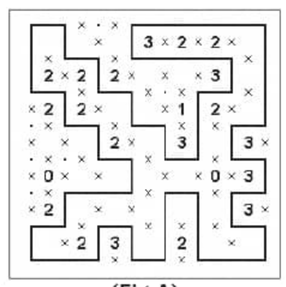
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

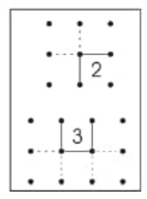
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

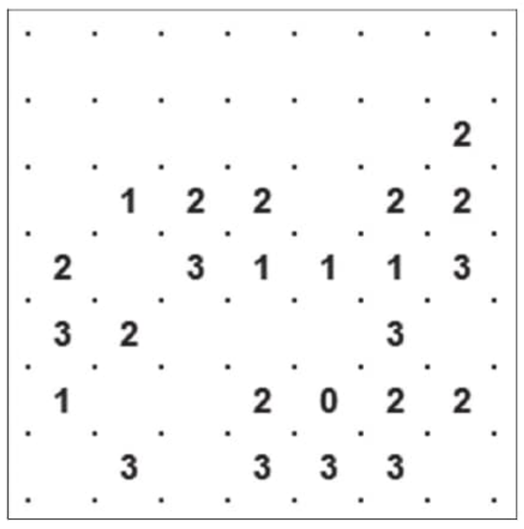
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



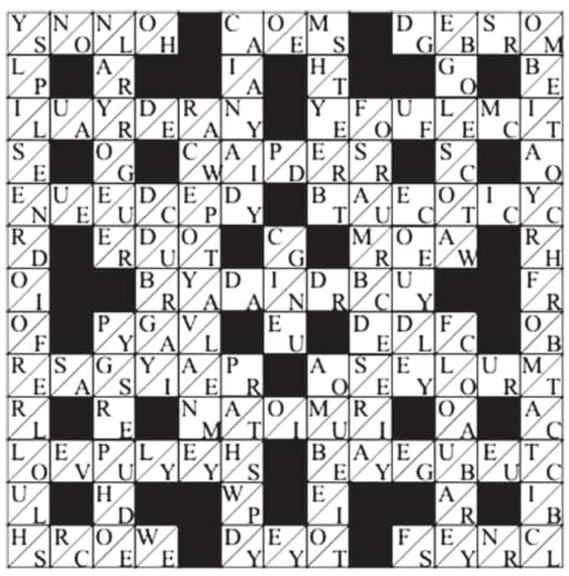
(Fig A)



(Fig B) Not Allowed



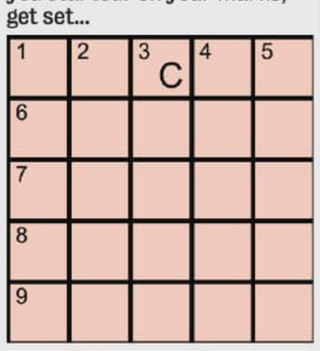
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

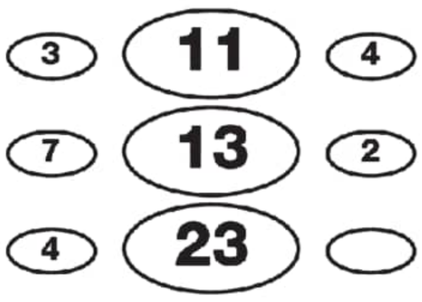
1 Arcas; 6 Lush I;
7 Or hug; 8 Nu Ale;
9 Kibes

DOWN

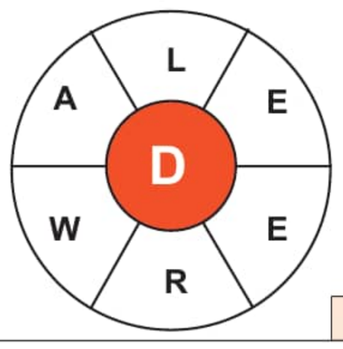
1 Brush; 2 A oil I;
3 N luck; 4 Argue;
5 As she

Mensapuzzle

Which number is missing?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

21 Average; 23 Good; 25 Outstanding

SudokuChallenge

2	1		5		9			
					7			9
4				6		5	2	
					2	9		3
1			7		5			2
8		3	9					
	8	6		9				4
5			3					
			6		4		3	8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 10
4 6 5 5

Medium = 16
4 8 8 3

Hard = 4
2 4 5 7

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Puddle is moved. 2. Tent flap is different. 3. Stake is longer. 4. Mountain is different. 5. Tree limb is added. 6. Zipper is lower.

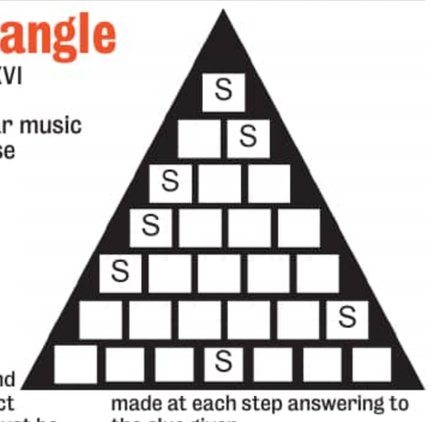
Riddler

Help Beethoven use these clues below to decipher these popular Christmas/Holiday tunes. Example: A Triad of MonarchsZ Answer is: We Three Kings

1. I envisioned a trio of marine vessels.
2. Do you perceive the same longitudinal pressure that stimulates my auditory sense organs?
3. Leave and do a broadcast on an elevated peak.

Alpha triangle

1 Atomic number XVI
2 Good _ it gets
3 Jamaican popular music
4 A reason or cause
5 Viper or cobra
6 Prepares dough
7 Unsolicited

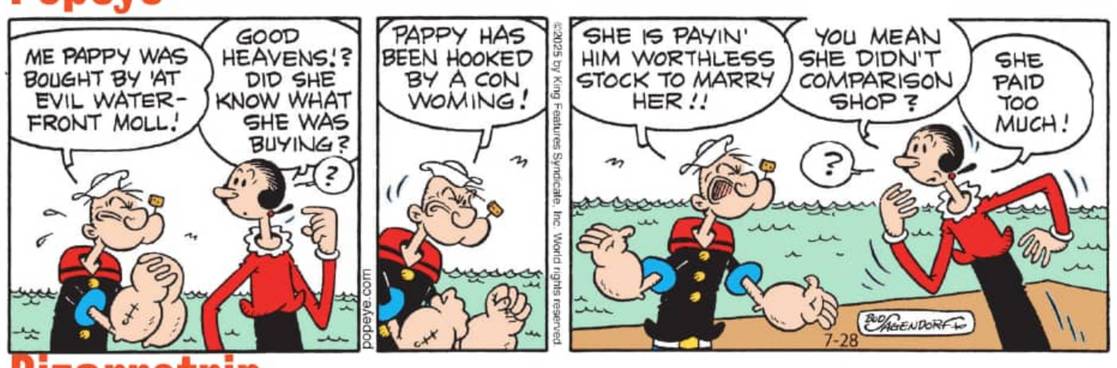


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

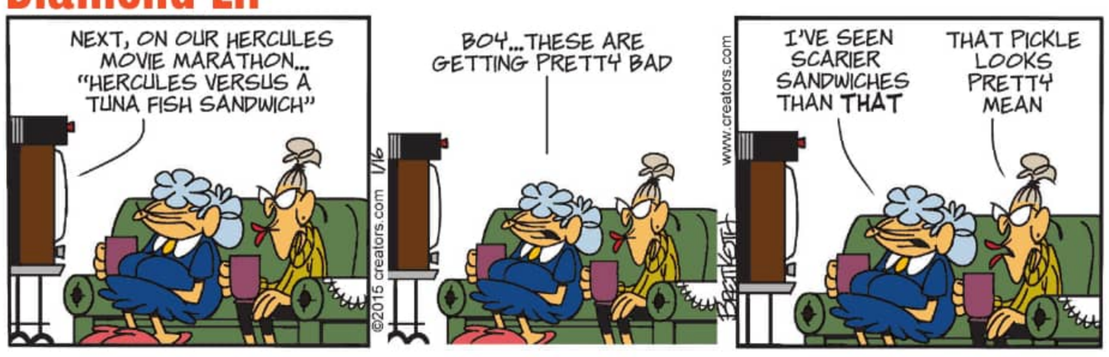
COMICS

Popeye


ME PAPPY WAS BOUGHT BY 'AT EVIL WATER-FRONT MOLL!
GOOD HEAVENS!? DID SHE KNOW WHAT SHE WAS BUYING?
PAPPY HAS BEEN HOOKED BY A CON WOMING!
SHE IS PAYIN' HIM WORTHLESS STOCK TO MARRY HER!!
YOU MEAN SHE DIDN'T COMPARISON SHOP?
SHE PAID TOO MUCH!
popeye.com
7-28

Bizarrotrip

Diamond Lil


NEXT, ON OUR HERCULES MOVIE MARATHON... "HERCULES VERSUS A TUNA FISH SANDWICH"
BOY...THESE ARE GETTING PRETTY BAD
I'VE SEEN SCARIER SANDWICHES THAN THAT
THAT PICKLE LOOKS PRETTY MEAN
www.creators.com

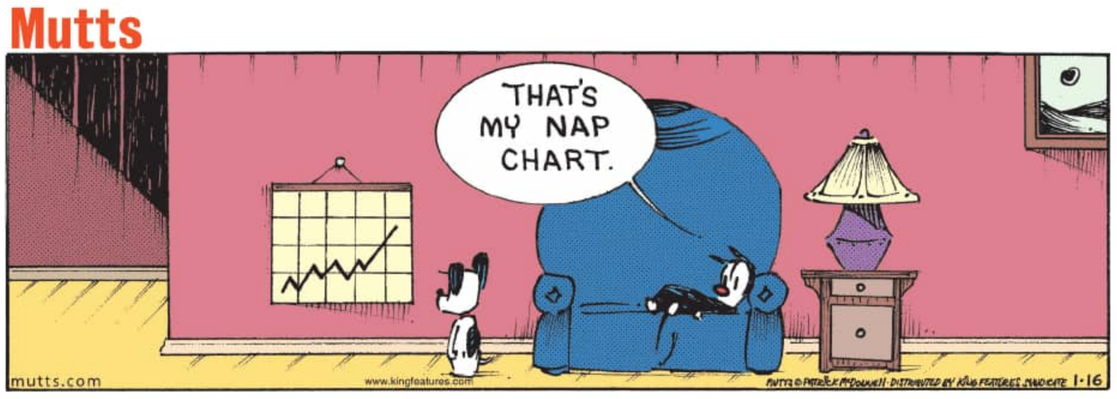
Hart of the city

TTOC TRAINING DAY ONE
THE FASTEST QUICK-CHANGE TIME USING THE COMPETITION STANDARD CINDERELLA COSTUME IS 30 SECONDS.
READY
SET
GO!
HOW CLOSE DID WE GET TO THE FASTEST TIME?
NOT CLOSE.

Crankshaft

I APOLOGIZE FOR MY DAD'S BAD TEMPER.
NO PROBLEM... HE LIKES TO SHOOT FROM THE LIP...
BUT I KNOW HE'S NEARLY JOKING.
tombatiuk.com/books
1-16

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Celebrating today begins a year filled with curiosity, opportunity, laughter, and meaningful progress. Travel invites exploration while career ambitions gather momentum. Romance feels nurturing, playful, and reassuring. Finances strengthen through patience, discipline, and wise choices. Home life glows with music, shared meals, laughter, and comfort. Trust your instincts, welcome invitations, and embrace the adventures, friendships, and successes heading your way.

Aries Mar 21 – Apr 20

Confidence strengthens your leadership today, Aries. Take initiative at work and demonstrate your abilities. Expanding your knowledge through learning or training may also benefit your future growth.

Taurus Apr 21 – May 20

Financial prospects appear positive today, Taurus. Creativity helps solve professional challenges, while romance may brighten your personal life with meaningful moments.

Gemini May 21 – Jun 21

Responsibilities increase at work today, Gemini. Your ability to manage tasks earns trust from colleagues. Afterward, enjoy connecting with friends and balancing work with social time.

Cancer Jun 22 – July 23

Good fortune touches many areas of your life today, Cancer. Warm relationships, career progress, and unexpected positive news create an uplifting atmosphere.

Leo Jul 24 – Aug 23

Your leadership abilities stand out today, Leo. Take initiative professionally and communicate openly with your partner. Treat yourself to something special you've long desired.

Virgo Aug 24 – Sep 23

Fatigue may slow you down today, Virgo, yet responsibilities remain important. Nourishing foods and self-care will help you maintain productivity and balance.

Libra Sep 24 – Oct 22

A new perspective encourages personal growth today, Libra. Let go of negativity and embrace optimism as you explore opportunities previously avoided.

Scorpio Oct 23 – Nov 22

Romantic gestures may surprise you today, Scorpio. Maintain focus on work while managing finances wisely. Meditation could help you stay centered.

Sagittarius Nov 23 – Dec 22

Professional recognition may arrive today, Sagittarius. Your dedication earns appreciation from superiors, encouraging progress in your career.

Capricorn Dec 23 – Jan 20

New insights may reshape your view of relationships today, Capricorn. Stay curious and open to learning while taking time to relax and release stress.

Aquarius Jan 21 – Feb 19

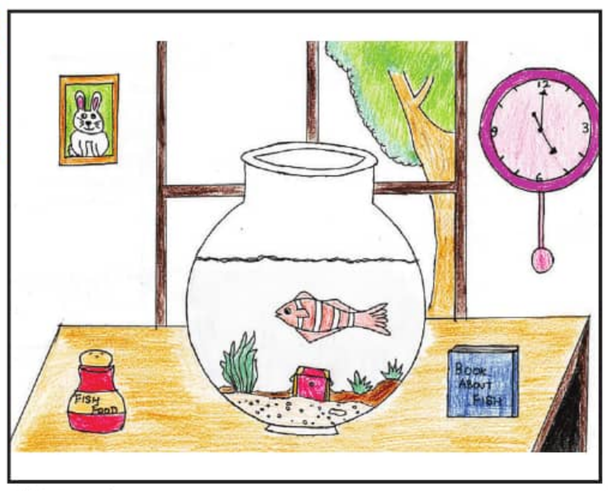
Confidence radiates strongly today, Aquarius. Your charisma attracts opportunities and allows you to pursue your goals enthusiastically.

Pisces Feb 20 – Mar 20

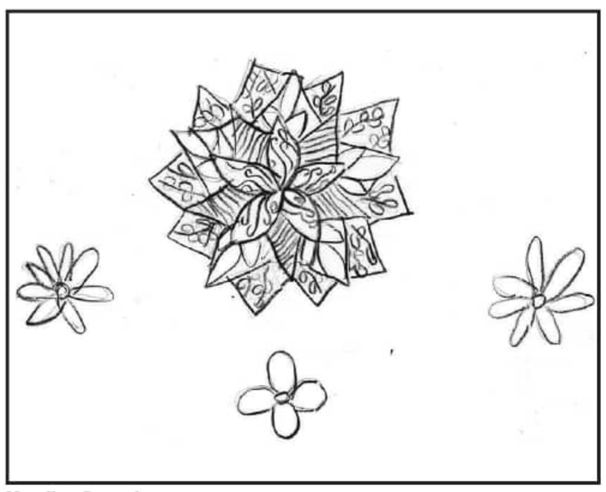
Today encourages thoughtful planning for your future, Pisces. Writing down goals helps clarify ambitions while recognition at work boosts your confidence.

www.sundeepkochar.com

KIDZONE



Aditi, Bengaluru



Mugdha, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

=6^1/(½) × 3^-2
=6^2×3^-2
=3^2×2^2×3^-2
=3^(2+(-2))×2^2
=3^0×4
=1×4
=4

QUOTE UNCODE

He listens well who takes notes.

RIDDLER

1. I saw Three Ships,
2. Do you hear what I hear? &
3. Go tell it on the Mountain

FAST FIVE

S	A	C	R	A
H	I	L	U	S
R	O	U	G	H
U	L	N	A	E
B	I	K	E	S

STRIKE OUT

S	C	O	W		Y	E	T		S	Y	N	C		
U		D		P		I		R		I				
O	V	U	L	E	S		B	A	G	U	E	T		
R		E		N	A	O	M	I		O		A		
E	A	S	I	E	R		A	S	Y	L	U	M		
F		P	A	L		U		E	L	F		O		
I		B	Y	A	N	D	B	Y				R		
D	R	U	T		G		M	O	A			H		
N	E	E	D	E	D		T	A	C	T	I	C		
E	G		C	I	D	E	R		S			A		
L	U	R	D	A	N		E	F	F	E	C	T		
P	A		A		H			G				E		
S	O	L	O		C	O	S		G	E	R	M		

QUICK

		G		L		S		O		S		K		
		F	I	N	I	S	H		D	E	C	C	A	N
		O		E		A		O		A		I		
	S	T	U	N		C	H	U	R	L	I	S	H	
		T		K		R		D		E				
C	O	N	S	U	L	T		N	I	T	R	O		
		E		M		E				N				
D	O	L	L	S		R	I	N	G	I	N	G		
	N		A		F		C		G			O		
M	E	N	S	W	E	A	R		G	A	M	P		
W		S		A		O		U		O				
T	A	X	I	E	S		B	O	L	E	R	O		
Y		E		T		E		P		E				

BULL'S EYE

alder, awed, dale, dare, deal, dealer, dear, deer, draw, drawl, drew, elder, lade, lard, lead, leader, LEEWARD, lewd, read, reed, wade, ward, weed, weld, welder

MENSA PUZZLE

6. The centre figure is the product of the left and right numbers, minus 1.

SUDOKU

2	1	7	5	8	9	3	4	6
6	3	5	4	2	7	8	1	9
4	9	8	1	6	3	5	2	7
7	5	4	8	1	2	9	6	3
1	6	9	7	3	5	4	8	2
8	2	3	9	4	6	1	7	5
3	8	6	2	9	1	7	5	4
5	4	2	3	7	8	6	9	1
9	7	1	6	5	4	2	3	8

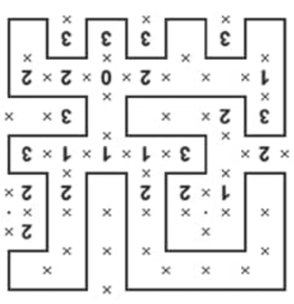
ALPHA TRIANGLE

S, As, Ska, Sake, Snake, Kneads, Unasked.

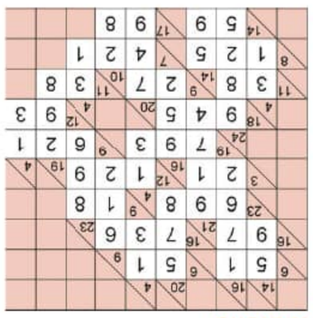
GO FIGURE

Easy
5 + 4 − 5 + 6 = 10
Medium
4 − 3 x 8 + 8 = 16
Hard
4 + 2 − 7 + 5 = 4

LOOP



KAKURO



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Sara's star moment

Actor Sara Arjun is getting a lot of love for her performance in Dhurandhar opposite Ranveer Singh. Playing the role of Yalina, she struck a strong chord with audiences, and the film has become an all-time blockbuster.

Amid the buzz around her breakout performance, an old childhood video of Sara has resurfaced online. Sara, who started her career as a child artist, can be seen calling Deepika Padukone and Alia Bhatt her inspiration.

In the clip, which appears to have been filmed by her mother, a young Sara answers a fan's question about her role model. She says, "My role model, I love the way Alia Bhatt looks and acts, and I really love Alia Bhatt and Deepika Padukone. But they are not my role models, I just love them and they are my inspiration, but I wanna be Sara Arjun. If I am honest. I never want to be next to someone else."

Her words, marked by a clear sense of individuality at a young age, have impressed netizens. Many praised her confidence and self-belief.

Sara began with television commercials before moving to films like 404 and Deiva Thirumagal. She later appeared in Ek Thi Daayan, Jazbaa, Jai Ho, Saivam, Ek Ladki Ko Dekha Toh Aisa Laga, and Ponniyin Selvan.

With Dhurandhar, she transitioned into lead roles successfully. Reports suggest she may next play Madhubala in a biopic backed by Sanjay Leela Bhansali, though there is no official confirmation.

—ETimes

KRITIKA FINDS GRACE

Kritika Kamra explores nuanced Parsi role in Matka King

Kritika Kamra takes on a distinctly different avatar in her latest series, Matka King. Playing a Parsi woman from 1960s South Mumbai, she says the role demanded a nuanced and thoughtful approach. "I am not a Mumbai girl. I had to really understand the culture and tradition of the Parsi community. I wanted the character to have a little grace and poise in the way she conducts herself, her voice," says the actress, who recently tied the knot with Gaurav Kapur.

Kritika credits her decision to join the show to its creator, Nagraj Manjule. "When I got to know that Nagraj Manjule is making a series, I thought that this would be a great opportunity for me to try to be a part of it." She recalls how his film Fandry left a lasting impression. "I've been a fan of his work even before Sairat. I watched Fandry at MAMI while educating myself about cinema. The film really spoke to me; it had a lasting impact. Years later, when Sairat came, it was a gut punch, and I knew it was the same director." Her decision to step away from television at the peak of her career continues to intrigue many. She explains, "I am a hustler. I'm not in a hurry. I don't think this is going to be my peak, so I must make the most of it and then retire. I don't have the fear or insecurity of missing out on getting parts."

She adds, "From a very early age, I knew acting was what I wanted to do for the rest of my life. It's a marathon if you try to climb too quickly, the risk of falling is just as high. You recommit daily to your craft; I left television despite its independence, seeking creative fulfillment, valuing recognition over fleeting fame.

—ETimes

Farhan quells rumours

Farhan Akhtar's 'Jee Le Zaraa', initially announced as a star-studded road-trip film featuring Priyanka Chopra, Alia Bhatt, and Katrina Kaif, has been making headlines again, this time over speculation about a possible cast change.

Amid mounting rumours, Farhan Akhtar dismissed talk of recasting and reiterated his transparent approach. "There are too many rumours doing the rounds about too many things. I have always maintained that I honestly don't like keeping any secrets when I am making a film. Every time I felt like something was ready to go, I put it out in the world, and shared it with them. And I'll do the same," he said, adding that official updates will come directly from him.

Reports indicate the project remains on track, with scheduling conflicts, especially Chopra's international commitments, causing earlier delays. "To be honest, it was traumatic trying to get the actors' dates. But we've sorted all that out. We'll start soon," he said.

Akhtar also shared he is reassessing his next move as a director, taking time to reflect on recent developments in his career. He said he wants to carefully evaluate what he truly wishes to pursue next behind the camera before making any announcements.

—Etimes

Biopic faces legalities

Michael Jackson's biopic Michael Jackson 'Michael' sparked fresh sequel talk after a strong box office opening, but the next film faces legal and creative problems.

Page Six reported that a sequel is already 30 percent filmed, while Esquire said viewers should not expect it soon due to unresolved legal issues tied to Jackson's later years. The first film, starring Jaafar Jackson, traces his life from 1966 to 1988 and ends with the message, "His story will continue."

According to Page Six, 'Michael' opened to USD 217.4 million globally and set a new opening weekend record for a biopic. Lionsgate is celebrating the film's success despite mixed reviews and years of controversy surrounding the production.

Lionsgate motion picture chair Adam Fogelson told Page Six Hollywood, "This was a biopic that Lionsgate uniquely had the courage to take on. It's not like this was a book that Lionsgate owned." He added, "It's always exciting when you have a blockbuster hit, but when you have a blockbuster hit on something that many people didn't think was possible, it's particularly gratifying."

The film avoids Jackson's later legal troubles and child abuse allegations. Director Antoine Fuqua stressed context, while Colman Domingo hinted a sequel may explore later life. —Etimes